

## ADDRESS OF THE PRESIDENT.

## Thirty-fifth Annual Meeting of the Medical Society of the State of California.

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Herbert Spencer has divided education into mental, moral and physical and has shown in his masterly way that a perfect physique and physical well-being are the foundations for the other two. He demonstrates that degeneracy, in plants and animals, as well as man, is sure to follow where the environment is unfavorable and calls attention to the rapid degeneracy observed in large cities caused by long hours of continual toil, foul air, impure water, insufficient food, adulterated food and a lack of outdoor exercise and proper recreation. He says: "Of all bequests of parents to children, the most valuable is a sound constitution." He believes this to be the basis not only of individual but also of general happiness, and shows clearly that the physical well-being of the individual is of paramount importance, not only to the man himself, but to the family, the neighborhood, the city and the state. Again he says: "The well-being of each is involved with the well-being of all in sundry other ways. Whatever conduces to their vigor concerns him, for it diminishes the cost of everything he buys, whatever conduces to their freedom from disease concerns him, for it diminishes his own liability to disease. Whatever raises their intelligence concerns him, for inconveniences are daily entailed on him by others' ignorance or folly. Whatever raises their moral character concerns him, for at every turn he suffers from the average inconscientiousness."

The physician, by reason of his profession, his general education and special training, owes a sacred duty to the state to advance the well-being of his fellow-man. The slums of great cities are not only a reproach to our so-called modern civilization, but also to our own profession. They are physical, mental and moral plague spots and have arisen, as Jacob Riis has shown, largely through the greed of the landlord, who seeks ten, fifteen and twenty per cent upon his capital instead of five per cent, which is considered a high rate in large business centers upon safe investments. It is said that the United States has at the present time, one-twentieth of the entire population of the earth, and one-quarter of its wealth, and yet, in our metropolis of wealth and population, we expose to the thoughtless gaze of the tourist, and the fashionable seeker for adventure and novelty, the shame and disgrace of our great nation.

At the World's Fair in St. Louis, could be seen several models of the tenements in the New York tenement districts. In a single square, hundreds of wretched human beings are crowded, no proper ventilation, no sunlight, one toilet for twenty-five people, and not one bath in an entire block. Three hundred and fifty thousand sleeping rooms in New York City are so-called "inside rooms" and receive air and sunlight, if any, from shafts often only two or three feet in width. In London, thousands upon thousands have insufficient food. Six or eight people eat, live, work and sleep in a single room. In countless instances, it is a well-known fact that one person will occupy a bed for eight hours, a second for eight hours more, and finally a third, will take his turn for his eight hours showing how watchful the modern statesman is for the welfare of his fellow-man. Seven millions for a modern battleship, an engine for maiming, murdering and destroying while our boards of health are denied the pittance needed for the elevation and preservation of our race.

In New York City, the worst tenements, brothels and whisky shops were found on property owned by the richest church corporation in the United States. That powerful body, by reason of the wealth, high social standing, and political power of its members, did more to retard enlightened sanitation than any other single factor in the metropolis. Yet that same

corporate body spends thousands upon thousands every year in the establishment of missions and in teaching the inhabitants of the slums the road to that higher life which they never can attain. What think you will be the history of the inhabitants of these districts and their descendants? Physical, mental and moral degeneracy can be the only result. The crowded factory, the sweat-shop, the lighted streets, and later on the hospital, the alms-house, the jail and the pauper's grave.

## TUBERCULOSIS.

Koch, in demonstrating the cause of tuberculosis, made one of the greatest discoveries in the history of medicine. Of our seventy-five millions of population, it has been estimated by the statistician that eight to ten million will die from some form of this disease. The great white plague costs our nation three hundred and thirty millions of dollars per year in the lost labor of this vast army, in the money expended in caring for those who are unable to care for themselves and also those who are dependent upon them. Medical science has demonstrated that this disease is produced by a specific bacillus and that it is undoubtedly communicable, although its communicability is comparatively slight when proper precautionary measures are observed. It has also been demonstrated that tuberculosis is preventable, that it is not hereditary, that it is curable in its early stages, and that a large percentage of those fairly well advanced, can be successfully treated. It can be prevented by sanitation and its further communicability from one to another can be stopped by precautionary measures, which can be readily taught by physicians and by boards of health through leaflets and circulars given to the members of a household where such unfortunates are found.

Compulsory registration of tuberculosis by physicians is probably one of the most important methods of combating this disease. While physicians have been foremost in seeing the danger from this scourge, and have been most energetic in its prevention, and further extension, the profession, as a body, has not only been indifferent, but in many instances has earnestly opposed the action of boards of health in obtaining report of tuberculosis patients and have bitterly combated compulsory registration. Tuberculosis should be reported with the same care as small-pox, scarlatina, diphtheria and other contagious diseases. Boards of health cannot correct improper sanitation and carry out efficient means of disinfection without the co-operation and intelligent support of the entire profession. In every community, the physician should be, by nature of his calling, an active member of the board of health, and a thorough sanitarian. In New York City it has been estimated that in fifteen years the death rate has been reduced forty per cent by the efforts of the health authorities. In Boston, similar results have been obtained, by reason of the thorough information given by physicians and by careful methods of disinfection. Systematic inspections should be made of factories, work-shops, tenements and school-houses in order to improve plumbing, draining and ventilation and also to enforce cleanliness and to prevent over-crowding. Playgrounds for children should also be provided, especially in districts where the population is most dense, and parks for recreation and amusement. Physiology and hygiene, as now taught in many of the public schools will train the future citizens in the importance of fresh air and sanitation and a proper method of living. The gradual introduction of scientific gymnastics in our grammar schools, high schools and universities, will do much to improve our standard of physical development and to train the students in the importance of a sound body in the attainment of the highest degree of mental and manual skill. The youth of this country should be taught that sickness is not a visitation of God but that it arises in the

great majority of instances from purely preventable causes and that cleanliness and sanitation are far more efficacious in averting disaster than many prayers.

The patient and the members of the household should be carefully instructed by the physician in regard to the nature of this disease, and the health department should at once be informed of the presence of tuberculosis in order that a thorough inspection of the premises can be made and all violations of sanitary laws corrected. Printed leaflets or circulars giving full instructions as to the care of sputum, ventilation and cleanliness should at once be sent to the dwelling. The proper disinfection and disposition of the sputum and dejecta is of the first importance in preventing the further extension of infection to others; and printed directions will be received with more thought and consideration than mere verbal instruction. When death occurs, the tenement should be thoroughly cleansed, the wall-papers removed and the infected rooms thoroughly disinfected with formalin. Isolation and quarantine are extreme measures and unjustifiable, and would, in all probability, defeat such rational legislation as we may desire to obtain. Anti-expectoration ordinances, however, appeal to the public as being wise and proper and their adoption in many of our leading cities is a most important aid in preventing the further extension of this disease. In New York City, where the streets were swept dry, it was found that tuberculosis greatly increased among the laborers; whereas in Berlin, where the streets were sprinkled before being cleaned, the laborers remained healthy.

Teachers and pupils suffering from tuberculosis should be excluded from the public schools, and boards of health should be given power to see that such exclusion is enforced. It has been shown that a single tuberculous cow in a crowded dairy will infect an entire herd, and it is safe to say, that, in a crowded schoolroom, a tuberculous teacher or pupil will be a source of imminent danger to all those who come in close personal contact with such an one; and this will be especially true in the case of the rapidly growing child.

The busy physician too often considers that his duty has been performed when he has made a diagnosis and given proper instruction and advice to the patient; but it is certainly his duty to advise the members of the household of the danger to others and to give careful admonition in regard to the liability of others to contagion. One of my confreres had a patient suffering from advanced tuberculosis, and notwithstanding his careful instruction, a brother, who was a professional athlete, and in the best of physical condition, obstinately persisted in occupying the same room with his sick brother, and as a result died in six months from rapid consumption.

The most important public measures that have been recommended for the treatment of tuberculous patients have been:

1st. Dispensaries for out-patients, where instruction is given in regard to fresh air, diet, general sanitation, preventive measures and the administration of such remedies as are suited to the individual;

2nd. District nurses who care for such patients in their homes and give advice as to the disposition of sputum, the ventilation of rooms and the general care of the invalid;

3rd. Sanatoria for the care and cure of the hopeful cases;

4th. Hospitals for those who are considered incurable and have no means to provide care for themselves;

5th. A separate department for the care of the criminal who suffers from tuberculosis;

6th. A similar provision for the tuberculous insane;

7th. The provision of farms and open air shops for patients who may recover by light work in the open air and who do not wish to be objects of public charity.

The different procedures have been used in this and other countries with success and much attention has been given by many of our profession to this important subject in order to arouse the general public in regard to the necessity of state aid. Preventive measures in tuberculosis would undoubtedly in a few years decidedly change our statistics; and it is fair to presume that if typhoid fever can be reduced by proper sanitation to one-tenth in a few years, similar results might be obtained in tuberculous diseases.

Those who are suffering from advanced tuberculosis should not be permitted to ride in crowded Pullmans and it should be the business of the railroad companies to provide a proper compartment for them in order to protect the traveling public.

#### BOVINE TUBERCULOSIS.

After carefully reading the bulletin of the Ohio Agricultural Experiment Station and the reports on bovine tuberculosis and public health by D. E. Salmon, D. V. M., Chief of the Bureau of Animal Industry, U. S. Department of Agriculture, the following definite conclusions are formed:

1st. "This disease is caused by the growth within the animal tissues of a vegetable organism, bacillus tuberculosis;"

2nd. "The bacterium of bovine tuberculosis has not been specifically differentiated from that producing tuberculosis in the human subject;"

3rd. The cultures from a human source as a rule are less virulent than the bovine. Cultures, however, have obtained, which have been proven to be equally virulent.

4th. General tuberculosis, miliary tuberculosis and local tuberculosis have been produced in cattle and other animals by the ingestion, subcutaneous and intravenous injections of cultures obtained from the human being. Similar results have been obtained by using human sputum and pieces of tubercular tissue.

5th. Two forms of the bacillus occur in man, namely the human and the bovine. These differ both microscopically and in their manner of growth, and are probably variations of the same bacillus. If they be distinct organisms, the presence of the bovine form can only be explained by contamination from a bovine source.

6th. When lower animals have been inoculated with tuberculous material taken from men and cattle, the tubercular lesions cannot be differentiated upon autopsy.

7th. Tuberculin, from a human source, has been used by the Bureau of Animal Industry, in testing tuberculosis in cattle, and it has invariably demonstrated the existence of the disease in infected herds.

8th. "Tuberculosis has been produced in man by inoculation with tuberculous material from cattle." Both local and general tuberculosis have been produced in this manner and the nature of the infection has been demonstrated by the microscope, by culture and by inoculation. Numerous cases attended with fatal results have been reported.

9th. "The development of tuberculosis in human subjects has followed in so many instances upon the use of meat or milk of tuberculous cattle that there is no room to doubt that the disease is transmitted from cattle to man in this manner."

Many cases have been reported where both veterinary and medical experts have believed that miliary, intestinal and general tuberculosis have been produced by the ingestion of milk from cattle proven to be tuberculous. Ollivier reported to the Paris Academy of Medicine an instance where twelve young ladies without a family history of this disease, developed symptoms of intestinal tuberculosis and five died. The cow supplying milk to this school died of tuberculosis of the intestines and udder. It has been claimed that the milk is a source of danger only when there is tuberculosis of the udder, but it has been proven that fifteen per cent of tuberculous cattle

produce infectious milk while only two per cent have tuberculosis of the udder.

That tuberculous milk may be a source of danger seems to have been demonstrated by the experiment of Nicolas and Descos who fed dogs with food filled with tubercle bacilli, and in three to four hours demonstrated their presence by staining and by inoculation in the receptaculum chyli and the thoracic duct. These animals were thoroughly examined and those with pre-existing tuberculosis carefully excluded.

10th. Careful statistical studies show that while there has been a large diminution in the general mortality from tubercular diseases, that, instead of a corresponding diminution of the mortality in children during the milk-consumption period, there has been a marked increase.

11th. That tuberculosis is a germ disease caused as surely by contagion or infection as are small-pox and measles, is confirmed not only by the innumerable cases in which it has spread through herds from single animals but also by the fact that many herds of cattle remain exempt from it and this fact demonstrates the possibility of the entire eradication of the disease.

12th. "In view of the experience of the other states, it would seem that the rational method of extirpating bovine tuberculosis lies not only in the wholesale and immediate testing of all cattle in the state and the slaughter of all reacting animals, but in such municipal action as will control the sale of both milk and meat within municipal limits."

13th. Tuberculous cattle are the subjects of mixed infection and septic fever. The flesh and milk of such animals is certainly unfit for food and should be strictly prohibited by law.

The inspection and supervision of dairies by boards of health are most important sanitary measures and will in time greatly reduce the large infant mortality of our cities. Veterinary experts have demonstrated time and again the accuracy of the tuberculin test in proving the existence of tuberculosis and we never can be sure of the purity of the milk supply until such tests are legally enforced. I myself have repeatedly seen cows which were sleek, fat and giving abundance of milk respond promptly to the test.

These animals have been pronounced by expert dairymen to be sound in every respect, but when killed showed marked lesions of the disease in the lungs, abdomen and udder. Numerous cases could be cited where healthy children, living in good, sanitary surroundings, and without a family history of tuberculosis, have developed the disease and the milk supply has been traced to dairies filled with tuberculous cattle. Admitting, for the sake of argument, that bovine tuberculosis cannot be transmitted to the human race, I think it would require much time to find a physician of education and standing who would recommend the milk of tuberculous animals as proper food for the growing infant. The intelligent dairyman will in time learn that it is to his advantage from a strictly business standpoint, to rid his herd of this disease, and that he will be amply repaid by the improved quality and quantity of its product.

#### THE HEYBURN BILL.

The Heyburn bill brought before Congress to prevent the adulteration of foods of all kinds, drugs and liquors, has received the unqualified support of the medical men throughout the whole United States. Nothing concerns more the future welfare of our nation than the establishment by the government of standards of purity for all the articles mentioned in this bill. It is impossible to produce a strong and vigorous race unless foods of every description are sound and wholesome, and the one who tampers with the quality of goods consumed by the people and is false in his weights and measures, should be punished with severity and dispatch. It is astonishing and astounding to read the reports in our various medical

magazines showing how common and flagrant is the adulteration of drugs dispensed by the pharmacist. Such methods are certain to result in much harm and the loss of many valuable lives. The physician by watchfulness and care can certainly do much to correct this unfortunate condition. Let it be our concern to see that our patients receive our prescriptions as ordered and in case of willful adulteration make it our business to see that the offender is punished.

#### THE CRIMINAL ABORTIONIST.

The criminal abortionist and the vendor of abortive drugs who openly and shamelessly expose their own infamy in the daily prints of our great cities are surely descendants of the original plagues which were turned loose upon a suffering world. The one sending obscene publications, obscene letters and lottery advertisements through the mails can be punished by heavy fines and imprisonment or both.

A paper giving advertising space to an unconvicted felon, or to one who has already been convicted of this crime and has served his term in the state penitentiary, and who offers in print to commit other felonies at so much per felony, should be denied the service of the United States mails. An inspector of mails has said that the law is absolutely plain and clearly covers this class of cases and that he will at once take action and enforce the execution of the law.

#### PATENT MEDICINES.

Patent medicines and cure-alls are another source of evil and although it may be years before proper legislation can be obtained such laws as are observed in France would be a great boon. The ingredients of such nostrums should be printed upon the package sold and the mystery of the cure, which is its chief attraction to the innocent and ignorant would be exposed and failure would be the logical result. The public would not be beguiled into buying a sure specific for some incurable disease, which is known to be some simple remedy which might be purchased for a trifle at the nearest drug-shop.

#### SECRET PREPARATIONS.

Our STATE MEDICAL JOURNAL and all our county societies have boldly denounced the *Journal of the American Medical Association* and other medical journals whose pages are filled with advertisements of proprietary articles and secret preparations, which, too many of our medical men aid in foisting upon a trusting public. The trustees of the American Medical Association are acting in violation of the principles of medical ethics and have acted in opposition to the just and earnest protests of this state organization. When our leaders with names honored in the medical world, give space for a consideration to unscrupulous drug-houses, is it strange that many physicians prescribe combinations of drugs about which they know nothing and pour them into stomachs about which they know less, and then trust to kind Heaven to affect a cure? Our pharmacopeia is certainly ample for our needs, as it contains all remedies which have been scientifically analyzed by the chemist and clinically tried by the clinician; we can certainly duplicate anything of value which has been exploited as a special preparation in the simple terms of our dispensatory.

#### THE MEDICAL LAW.

Our present medical law in regard to the examination, qualification and licensing of physicians and surgeons has been endorsed by this association and it is through the zealous and unselfish action of its members that this law was finally passed and put in force. This law has done much to raise the medical standard of education, and it certainly redounds to our credit that we are endeavoring to attain to the highest degree of excellence and skill in the science and art of curing the ills of man. Be it said to our credit and honor that no one can truthfully say, that all our efforts in regard to legislation have not been for

the good of our fellow-man. As long as this is our aim, we shall enjoy the confidence and trust of the public, and when thoroughly united upon a given course of action, we can obtain any law we deem wise and proper.

#### THE STATE BOARD OF MEDICAL EXAMINERS.

The members of the State Board of Medical Examiners have been those who have placed the medical law in active operation and it is through their efforts that the law has become a law as well in fact as in theory. They are the judges who see that this enactment is enforced and that the objects of those who frame this decree are carried out. Unless the men upon this board are capable, active, energetic and fearless, our medical law will be ineffective and inoperative. This legislative act has been brought before the Supreme Court, and it has been decided that it is in accord with our State Constitution. The Board has endeavored to make its examinations as rigid and as severe as those in any state and to set a high standard for medical education in both theory and practice. They have acted boldly, fearlessly and without favor, and it is our duty and pleasure to congratulate them upon the able accomplishment of a most difficult and arduous task.

#### REGISTRATION OF NURSES.

The act brought before our Legislature providing for the registration of graduate and qualified nurses and to create a State Board of Examiners for the same has received the active co-operation of the medical profession. The raising of the standards for admission to our best training schools has no doubt increased the efficiency and skill of the nurse and will elevate nursing to the dignity of a profession and will call to our aid the best intellects and best trained minds. The time is near at hand when it will be contrary to law for us to place lives of our patients in the hands of unskilled and untrained nurses.

#### STATE LABORATORY.

The establishment of a state laboratory at Berkeley has been proposed and will in time doubtless become an accomplished fact. This laboratory would be at the service of the State Board of Health and also local boards of health as well as individual physicians who are unable, on account of the great expense of equipment and maintenance, to avail themselves of such facilities. In this way, and no other, can the widespread adulteration of foods, the sophistication of drugs and the use of dangerous preservatives be thoroughly exposed and punished. Such an institution need not be a great burden to the state, as much

of the work is done by advanced medical students and recent graduates who eagerly seek such positions for the advantage of the special training in chemistry, bacteriology, pathology and sanitation.

#### VACCINATION.

The anti-vaccination bill which passed both houses and was finally vetoed by our Governor, is an evidence of what may be accomplished by misrepresentation, ignorance and enthusiasm. It is a pitiful and sad commentary upon the intelligence of our legislators who acted in direct opposition to our State Board of Health, the local boards of health, our county societies, and the best medical experts throughout the world. These have all said in substance that small-pox can be prevented and practically eliminated by vaccination and re-vaccination; and these agents alone can combat and destroy one of the greatest scourges which has cursed our race. The great Jenner, by his discovery, has saved more lives than the vast armies of Europe have destroyed, and has saved more wealth to her nations than has been wasted in needless wars. Let us therefore be thankful and praise God that our legislature has adjourned.

#### COUNTY SOCIETIES.

It has been proposed by many members of this association that the county societies should receive all members of the medical profession who are legally qualified to practice medicine. They say, "Take them all in, the good and bad alike, and if the bad are still bad, we have them where we can discipline them." We should not turn our medical societies into reformatories, but should see that they represent all that is good, honest and honorable in the profession and in this way only can we exert power and command the respect of the communities in which these associations exist. I do believe, however, that men who agree not to practice or support sectarian medicine should be received regardless of schools. This is an age of liberality, when all class distinctions and old-time differences should be things of the past. Let us endeavor to promote union and harmony and in the words of the immortal Lincoln, "With malice toward none, with charity for all," follow that God-like art of curing the ills of man which regards not race, color or creed. Let us be physicians in the broadest and most liberal sense and welcome to our ranks all those who love science for herself and knowledge for its possession. Let us follow in the path of Him who was called the Great Physician, and gave us the Golden Rule, which is the essence of all our medical ethics.

#### Superlative Nerve.

A number of comments from manufacturers on the announced plan of the Council of Pharmacy and Chemistry of the A. M. A., are published in the *Journal*. Among them we note the following from the Gardner-Barada Co.: Everything contained in the announcement and circular is unqualifiedly and absolutely endorsed. Every rule is conducive to good, and not one of these rules, even in its strictest interpretation, will harm any honest manufacturer. Our labels, etc., will be ordered to be changed as fast as the presses can print them.

And this from the concern that said its stuff contained "lithium methamine," a chemical product of the imagination, and now says that the same stuff contains "lithium-comp with formaldehyde," whatever that may be, and is advertising in the pages of the *Journal* A. M. A. Evidently a lie was told either first or last, yet the *Journal* continues to "promote the use" of this concern's stuff!

Dr. Rupert Blue, who has had charge of the Marine Hospital Service of San Francisco, has been transferred to the Marine Hospital, Norfolk, Virginia. Dr. Blue left for that place on April 4th.

#### Portland Meeting of the A. M. A.

Portland is well supplied with hotel accommodations; but on account of the great number of people who will attend the Lewis and Clark Fair it would be well for all intending visitors to secure rooms in advance through the Committee of Arrangements. (K. A. G. Mackenzie, M. D., chairman, 506 Dekum Bldg., Portland, Ore.) The committee having this in hand expect to secure rooms sufficient to meet all requirements of our visitors and by an organized messenger service to be able to locate them promptly upon arrival. Rates will probably be a slight advance on ordinary charges, but not excessive in any case.

The following will give an approximate idea to those East of us of rates to Portland: Missouri River points (round trip), \$45.00; Chicago (round trip), \$56.50; St. Louis (round trip), \$52.50; St. Paul and Minneapolis (round trip), \$45.00. These rates are by "direct lines" to Portland. If the trip is one way (going or returning) by way of San Francisco, add \$11.00 to the above rates. Corresponding reductions have been made from points east and south of Chicago. Time limit on tickets will be 90 days.

Arrangements have been made for side trips for those who may desire them, at reduced rates, to Alaska, Japan and the Hawaiian Islands.